

This form expires on September 30, 2017. The new CACFP meal patterns required by the USDA [final rule](#) take effect on October 1, 2017.

Snack Week 1 * Select 2 of 4	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk (1 cup) <i>Must be low-fat (1%) or fat-free</i>					
2. Meat/Meat Alternates Meat, poultry or fish (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or peanut butter (2 tablespoons) or nuts/seeds (1 ounce) or cooked dry beans and peas (¼ cup) or yogurt (½ cup)					
3. Vegetables/Fruits (¾ cup) <i>Vegetables, fruits and full-strength juice (fruit, vegetable or combination)</i>					
4. Grains/Breads (whole grain or enriched) ** Bread (1 slice) or cold cereal (¾ cup) or cooked cereal (½ cup) or cooked pasta and grains (½ cup)					
Other foods (Do not credit) ***					
Snack Week 2 * Select 2 of 4	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk (1 cup) <i>Must be low-fat (1%) or fat-free</i>					
2. Meat/Meat Alternates Meat, poultry or fish (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or peanut butter (2 tablespoons) or nuts/seeds (1 ounce) or cooked dry beans and peas (¼ cup) or yogurt (½ cup)					
3. Vegetables/Fruits (¾ cup) <i>Vegetables, fruits and full-strength juice (fruit, vegetable or combination)</i>					
4. Grains/Breads (whole grain or enriched) ** Bread (1 slice) or cold cereal (¾ cup) or cooked cereal (½ cup) or cooked pasta and grains (½ cup)					
Other foods (Do not credit) ***					

◀ See page 2 for important menu planning notes ▶

MENU PLANNING NOTES

- * The quantities of food specified are the minimum serving sizes for children ages 6-12. Quantities must be adjusted for other ages. At-risk afterschool care centers can serve children through age 18. For information on the CACFP meal pattern requirements, see the [CACFP Meal Pattern](#) and [Meal Pattern Requirements for the CACFP](#).
- ** All grains/breads must meet the minimum required serving sizes in [Serving Sizes for Grains/Breads in the CACFP](#).
- *** “Other” foods do not credit toward the CACFP meal pattern requirements. Examples of other foods include condiments (e.g., ketchup, margarine, syrup, jam), pudding, ice cream and gelatin. For more information, see [Noncreditable Foods in the CACFP](#).



For information on the CACFP, visit the Connecticut State Department of Education's (CSDE) [CACFP Web site](#) or contact the [CACFP staff](#) in the CSDE, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This form is available in PDF at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/cacfpmf6.pdf and in Word at www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/cacfp/mp/cacfpmf6.doc.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut State Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Connecticut State Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Lery Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act Coordinator, Connecticut State Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2071, Lery.Gillespie@ct.gov.